

## August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Office Hours:</b> Monday- Friday 8:30a- 4:00p <b>Closed</b> <b>Holidays</b>			<b>1</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>2</b> 8:15 Balletics  10:30 Yoga  1:00 Watercolor	<b>3</b>
4	<b>5</b> 10:30 Yoga  	<b>6</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15-1:15 Writers Group  1:30 Mah Jong  3:00 Dance Free!	<b>7</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>8</b> 8:30 & 9:30 Strength Training   12:30 Lunch 1:30 Mah Jong	<b>9</b> 8:15 Balletics  10:30 Yoga  1:00 Watercolor  <b>Annual Cookout!</b> <b>11:30-1:30- please</b> <b>RSVP- Space is</b> <b>limited</b>	<b>10</b>
11	<b>12</b> 10:30 Yoga  <b>10:30</b> <b>Parkinson's</b> <b>Support Group</b>	<b>13</b> 8:30 & 9:30 Strength Training <b>Blood Pressure</b> <b>Screening 10-11</b>  9:30 Discussion 11:15-1:15 Writers Group  1:30 Mah Jong  3:00 Dance Free!	<b>14</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  <b>Patti Mello Legal</b> <b>Clinic</b> <b>508-477-0267</b>	<b>15</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>16</b> 8:15 Balletics  10:30 Yoga  1:00 Watercolor  	<b>17</b>
18	<b>19</b> 10:30 Yoga  	<b>20</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15-1:15 Writers Group  1:30 Mah Jong  3:00 Dance Free!	<b>21</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  	<b>22</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>23</b> 8:15 Balletics  10:30 Yoga  1:00 Watercolor  <b>*Traveling Tap</b> <b>Museum-</b> <b>10:00am*</b>	<b>24</b>
25	<b>26</b> 10:30 Yoga  <b>Pedicare Clinic</b>	<b>27</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15-1:15 Writers Group  1:30 Mah Jong  3:00 Dance Free!	<b>28</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  <b>Origami- 2:00pm</b>  	<b>29</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>30</b> 8:15 Balletics  10:30 Yoga  1:00 Watercolor	<b>31</b>

## Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

**Upcoming Events:** Call 508-693-2896 for additional information and to sign up for the following events.

**Notice: Please Note that Mah Jong is now TUESDAY at 1:00 AND THURSDAY at 1:30**

**Falmouth Shopping Trip**

**STAY TUNED FOR SEPTEMBER DATE**

**Origami-** select Wednesdays 2:00pm

Back by popular demand! We will be doing a pop-up origami club on select Wednesdays in the upcoming months. This is a self-lead class, come enjoy crafting, conversations and company. Origami paper provided. Our next date will be *Wednesday August 28th*. stayed tuned for future dates!

**Annual Howes House Cookout - Friday, August 9<sup>th</sup>, 11:30-1:30**

**Please join us for Live music, food and, friendship!**

Sponsored by the Friends of the Up Island Council on Aging

**Space limited, call to sign up! 508-693-2896**

**Traveling Tap Museum – Friday, August 23<sup>rd</sup>, 10:00am**

Join Sarah Safford as she brings to us the Traveling Tap Museum (TTM)! “Inspired by the kiosks set out in Moscow before the Russian Revolution of the 19<sup>th</sup>”, TTM brings history, rare artifacts, and live dancing all contained in a traveling, folding “granny cart”.

– Join us for this Fun and entertaining presentation!!

**Annual Lobster Picnic- September 9<sup>th</sup>**

Call now, or stop by the front desk to reserve your space for our Annual Lobster Picnic at the Galley in Menemsha!

**Please RSVP as soon as possible, Space is limited 508-693-2896**

QI GONG is on hiatus until fall

Chilmark Library MEET YOUR STAFF Information Clinic **DATE CHANGE**

Tuesday August 20 2pm-3pm at the Chilmark Library

**“COME FROM AWAY”** At Providence Performing Arts Center. Saturday August 7. Round trip motor-coach and buffet luncheon included. Price TBD

**Reverse Mortgages: 101 – Monday September 23<sup>rd</sup>, 12pm**

Presented and Sponsored by South Coastal Counties Legal Services, Inc. and

The Friends of the Up Island Council on Aging.

Join us for an informational talk with the lawyer from South Coastal Counties Legal Services, Inc. about Reverse Mortgages. Learn what they are and have any questions answered by a qualified professional.

Please RSVP to 508-693-2896

